lon—and heat until quite hot, but in alcohol. Brush well before try- If there is any fear of bugs add also of paper over the hole when it gets the fur with a clean cloth. Repeat several times, and all stains will disseveral times, and all stains will dis-appear. It is better than flour, as finely powdered; three-fourths pint mixed. While the paste is still fresh had odors.

#### Household Helps

For information about butter. butterine and oleomargerine, write to secretary of agriculture, Washington, D. C., for Farmers' Bulletin No. 131. It is free.

For dissolving carbolic acid crystals for insecticide and disinfectant, use boiling water. For household uses, the crystals will answer, but for medicinal uses, the finer preparations should be used.

Be sure to get the first cockroach that comes, and watch diligently for his followers; otherwise, a colony of them will soon establish themselves, and your labors be greatly increased.

Old stains may be removed from leather by applying powdered pipe clay mixed with water to a paste; apply and allow the paste to remain on the leather for several hours. Repeat if necessary.

Mud stains on garments should be allowed to get thoroughly dry before attempting to remove them. When perfectly dry hang in the sun for a few hours, then brush out carefully. If stains appear, try rubbing the spots with a flannel dipped

#### FROM THE NORTH CCUNTRY

#### Where the Winters are Cold and the Snows Deep.

Writing from the vicinity David Harum made famous, a man says that he was an habitual coffee drinker, and, although he knew it was doing him harm, was too obstinate to give it up, till all at once he went to pieces with nervousness and insomnia, loss of appetite, weakness, and a generally used-up feeling, which practically unfitted him for his arduous occupation, and kept him on a couch at home when his duty did not call him out.

"While in this condition Grape-Nuts food was suggested to me and I began to use it. Although it was in the middle of winter and the thermometer was often below zero, almost my entire living for about six weeks of severe exposure was on Grape-Nuts food with a little bread and butter and a cup of hot water, till I was wise enough to make Postum my table beverage.

"After the first two weeks I began to feel better and during the whole winter I never lost a trip on my mail route, frequently being on the road 7 or 8 hours at a time.

"The constant marvel to me was how a person could do the amount of work and endure the fatigue and hardship as I did, on so small an amount of food. But I found my new rations so perfectly satisfactory that I have continued them-using both Postum and Grape-Nuts at every meal, and often they comprise my entire meal.

"All my nervousness, irritability and insomnia have disappeared and healthy, natural sleep has come back to me. But what has been perhaps the greatest surprise to me is the fact that with the benefit of my general health has come a remarkable improvement in my eye-sight.

"If a good appetite, good digestion, good eye-sight, strong nerves and an active brain are to be desired, I can say from my own experience, given by Postum Co., Battle Creek, Mich.

reason."

human interest.

beer and vinegar.

and floral designs over it is very suitable.

To remove rust from steel and nickel-plate, cover the metal with sweet oil well rubbed into the rust stain, leave two days, and rub well, then smear freely with oil; rub into this a fine powder of unslacked lime (sifted through muslin), and polish with a soft cloth.

#### Query Box

R. J.—The time for layering branches of the hardwood plants is in the spring when the plant is making a good growth. Some plants do better if the branches are layered before growth commences.

Tillie.-Make your pansy bed on the north side of a board fence or building; spade and enrich the ground with well-rotted manure. If a long spouted can with the insection of the spout of the spo get a dozen plants from the florist behind the paper, then paste a bit bress goods company, best 430, Binghamton, N. Y. and set one to two feet apart. Keep the ground moist, but do not wet, and occasionally water with quite weak manure water.

Emma S .- A silk-finished pongee which wears well will cost about twenty-five cents a yard. kinds of silk-finished, mercerized cottons wear and wash well for house dresses. For the kitchen and rough work, nothing is better than calico or gingham.

Esmerelda B .- A very good and cheap filling for porch pillows is made of rags from the ragbag-of course, clean. Tear into strips half to one inch wide, then snip into half inch or inch lengths, according to the softness of the cloth. They make a very comfortable pillow, but must be filled full enough so as not to "lump up."

J. L.-Begin your rose jar with the first fragrant leaves, and be careful to choose the roses having the finest perfume. Scentless petals are worthless. For "nerve" pillows, fill with hops, dried catnip or mint leaves, clover tops, sweet grasses, scented foliage gathered from herbs and shrubs. Have them well dried in the shade, and all stems or sticks removed before using.

Mrs. L. C .- When handling soaplve or potash, wear gloves of some old cloth, as the dust will make holes in your skin or clothes. The fine dust if stirred up, will hurt the eyes. and the tiniest speck will burn the hands or face. Cold water must be used with the lye, as it becomes very hot in dissolving, and must be allowed to cool to hand heat before putting in the grease; but don't measure the heat with your hand.

#### Papering the Board Walls

Several letters have come to us asking how to paper the ceiled room, or board walls so that the paper will not become ragged as soon as the use Grape-Nuts and Postum." Name job is finished. In the first place, cover the ceiling boards with a good flour paste, made as for the laundry. Read the little book, "The Road smooth and not too thin. Rye flour to Wellville," in pkgs. "There's a is more apt to make a "sticky" paste than the flour usually found in the Ever read the above letter? A kitchen, and to three gallons of paste new one appears from time to time. two ounces of glue, dissolved and They are genuine, true and full of two ounces of alum dissolved in a little boiling water should be added.

two tablespoonfuls of carbolic acid dry. A fine liquid blacking is made as crystals dissolved in a little boiling of molasses; four tablespoonfuls of on the boards cover with building olive oil, one pint of vinegar and one paper smoothly pressed on, and cover pint of stale beer. Rub the first with a cheap, lime-filled muslin. Cut three ingredients together until the the muslin strips as long as the wall oil is perfectly "killed," then add the is high, and seam the strips together on the machine, keeping the edges A "self-colored" paper for the well stretched, to prevent puckering. walls is one where two or more Or each strip may be tacked on shades of the same color is used, separately, taking the edges to-For a north room, a wall paper of gether. Tack the bottom edge of the colonial yellow with a cream colored strips close down to the top of the ceiling paper is very brightening, surbase so that when turned over Bed spread and cushion covers of to carry to the top of the wall the cretonne of a soft cream back ground tacks will be hidden. Then stretch tightly as it can be done and tack the top close up to the ceiling. Drive a few tacks along the edges of the strips sewn together to keep the cloth from bagging. Then, paste and apply your wall paper just as you would to plastered walls. The ceiling may be covered in the same way, or it may be painted, or calsomined. The paper will not crack along the joinings of the boards, and the cloth will remain good for years, to be papered over again and again.

If bugs are already established in such walls, before you put on the paper, have plenty of carbolic acid, or boiling hot solution of alum or salt, and mop the walls thoroughly, letting the fluid get into the cracks plentifully, then go ahead with the papering. If any suggestion of bugs show on the walls or ceilings, fill

Always baste long seams where one or both seams are bias before attempting to sew them up. A basting stitch saves a great many fullings up of materials and puckerings of seams, which no amount of pressing will ever do away with.

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Sizes 34, 36, 38, 40 and 42 inches, bust measure. It requires 2 yards of 36-inch material for the medium size, with 2 % yards of lining 27 inches wide.

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